William C. Dement, M.D.
Stanford Sleep Disorders Clinic
701 Welch Rd. Suite 2226
Palo Alto, Ca 94304

April 14th,1993

Dear Dr. Dement:

Finally! Here is the TIMEOUT Compact Disc we have been waiting for. At this moment, it is one of only two in existence, and it passed our testing wonderfully. I'm sure you will quickly see why we wanted to wait for this development, and I wanted you to be the first to examine it.

With this CD, you can not only test the ability of our standard method to help subjects get to sleep, but the effects of changing the sequence and/or duration of any sleep segment. Now you can extend, abbreviate, or omit stages of sleep according to the needs of the individual. It is the result of many casual requests we have had through the years for just such changes. Of course, we have no idea as to the value of this in sleep disorder therapy, but I'm sure you do. Or hopefully, you will make some new discoveries regarding the process.

What would be best from my viewpoint is that you set up and run a study that will begin to indicate the possibilities of of the process in whatever way you choose. We have included the loan of a good CD player so that you can begin without additional equipment. If you can write me as to details of such research, including the cost thereof, we may be able to get it underway immediately. NIH representatives were here last week, and were quite interested. They indicated we might get a small grant from them to help conduct the study.

Attached is a short description of each track on the CD - and I do thank you for your patience.

With best regards,

Robert Monroe